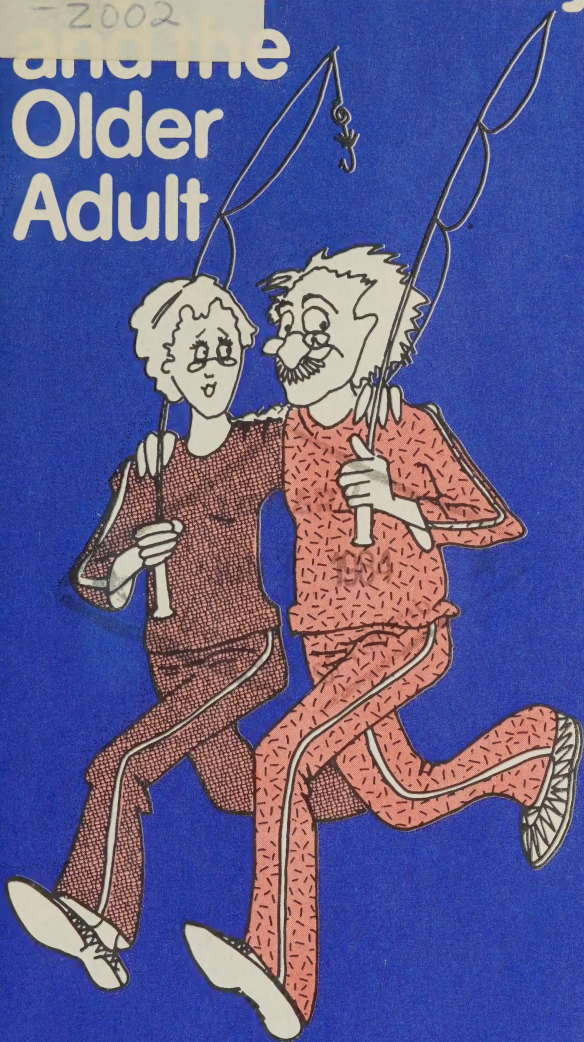


CA20N
T030
-2002

Physical Activity and the Older Adult



**Experience the Challenge
and Rewards of being
Active and Fit**



Fitness Ontario



Ontario

Ministry of
Tourism and
Recreation



FITNESS QUIZ

True False

1. In Ontario, one of the largest increases in the number of people exercising, within a specific age group, three times per week or more, is among those 65 years of age and over.

2. Regular physical activity may be more important for good health after 60 years of age than it was before you were 30.

3. Physical activity reduces energy levels and makes it more difficult to perform usual daily tasks.

4. While regular physical activity may not prolong life it can improve the quality of life.

5. The individual who maintains a high degree of physical activity in later life may have a performance capacity 20% to 30% greater than non-active individuals of the same age.



**PHYSICAL
ACTIVITY—
A WISE
INVESTMENT
OF YOUR
TIME**

Correct responses to Fitness Quiz:
1-T; 2-T; 3-F; 4-T; 5-T



SHOULD YOU BE PHYSICALLY ACTIVE— AT YOUR AGE?

CA20N
TO 30
- 7002



Quite simply, yes. Reaching retirement age does not imply that the time has come to sit back and become a spectator. You can enjoy a vibrant life if you continue regular physical activity. Not only will you experience the benefits of good physical health, but the newly generated energy will contribute positively to your mental well-being. Physical activity is an essential ingredient in maintaining a high degree of health — at any age. Fortunately, more and more senior citizens are recognizing these advantages and have adopted the practice of exercising regularly.

An active life can be both mentally and physically rewarding. Before too long, you will notice significant differences in all aspects of your daily life:

- increased energy and endurance
- increased flexibility and mobility
- increased ability to relax
- reduced anxiety, tension and depression

- improved digestion
- improved sleeping habits
- increased efficiency in task performance
- increased self-confidence
- ability to cope with personal emergencies
- greater independence
- greater opportunity to meet new people

Talk to some active seniors in your neighbourhood and find out how they are involved. Older adults across Canada stress the importance of regular exercise as an essential part of their daily lives.

"I honestly believe I benefitted with regular physical activity and good nutrition. Because fitness really is a good way of life."

The Rt. Hon. Roland Michener, 83

Mr. Michener plays tennis in the summer; squash in the winter. He is also involved in a regular jogging program.

"I love the competition. Just to go out there and run makes me feel so good and I know I can succeed."

Ivy Granstrom, 71

Although blind since birth, Ivy Granstrom runs and skips every day. She is also an active member on a local curling team.

IT'S NOT TOO LATE TO START



Where to begin:

- 1.** Discuss this brochure and your concerns with your family doctor. Together, determine in what type of activity you can actively and safely participate. It is also important to be aware of your limits.
- 2.** Consult a physical activity specialist who can recommend a program which is best suited for your lifestyle and particular circumstances.
- 3.** To avoid unnecessary stress, learn to self-monitor your response to physical exercise. You can check your own heart rate by taking your pulse on the artery at your wrist or just below your jaw near the Adam's apple. Another simple test to determine whether or not the activity is too strenuous is the "talk test"; if you are able to carry on a conversation while walking, running, cycling or climbing stairs, it is an indication that the activity is not likely to cause problems such as shortness of breath or undue stress.

4. Clothing and footwear are important in any exercise program. Wear well-fitting non-skid shoes that are sufficiently padded and comfortable. Ideally, you should wear a sweatsuit over a T-shirt and shorts. If you feel hot during the activity, you can remove part or all of the sweatsuit.

5. A safe environment is a major factor when conducting any activity or exercise program. This rule applies to the home and the outdoors. Do not exercise on a slippery floor or in an atmosphere that is extremely hot, cold or humid. Wall bars, sturdy chairs or other supports should be available to provide assistance during some exercises.

6. Begin any program slowly to avoid soreness or injury during the first few weeks. Before you begin any form of physical activity, including strenuous household chores such as snow shovelling, it is important that you complete a fifteen minute WARM-UP of stretching and slow walking. This step is needed to raise the temperature of your body and muscles and to permit greater flexibility and ease of movement, lowering the chances of harmful muscle strain during the exercise program. During the early stages of a program, modest flexing, stretching, walking and swimming are recommended.

7. Similarly, after you complete any physical activity, follow-up with a fifteen minute COOL-DOWN. This time allows the circulatory system to return to the normal level. Walk about slowly with your arms swinging. Finish off with some modest stretching to prevent excessive muscle soreness and stiffness.

8. It is normal to feel stiff and to have sore muscles following your first sessions of an activity program. This soreness will soon disappear with regular participation. Don't be discouraged, people of all ages experience this soreness when participating in a new activity.

In order to achieve the full benefits of an activity or exercise program, carefully follow the precautionary guidelines outlined below:

1. Do not join any fitness club or exercise program without a doctor's approval. Insist on a trial membership period with the club.

2. Once your doctor has recommended you begin a program of physical activity, be alert to all signs of undue stress and notify your doctor of any unusual changes in your health. These signs include:

- an unusually high pulse rate
- nausea
- muscle pains or cramps
- unusual fatigue
- a cold sweat
- dizziness
- shortness of breath
- skin or lip discolouration
- persistent pain or discomfort in your chest, left shoulder or left arm. In this case NOTIFY YOUR DOCTOR IMMEDIATELY.

3. To prevent dizziness and loss of balance, don't move suddenly from a lying or sitting position to a standing position.

4. Perform all neck and head movements slowly.

5. To avoid fatigue in a particular muscle group, don't include more than one series of movements at a specific joint at one time.

6. Don't engage in competition with your spouse or friend. You may do more harm than good.

7. In a group class, do not feel it is necessary to perform every exercise. If there is an exercise that you should not or cannot do, simply rest or substitute another activity. Don't attempt any exercise if it doesn't feel right.

8. Don't hold your breath while exercising. Breathe evenly and continually.

9. Don't bounce while stretching. Stretch slowly. Concentrate on relaxing and you will feel the muscle stretch.

10. If you experience a minor injury in one part of your body, do not discontinue exercising totally. Participate in activities which benefit other areas of your body.

11. Avoid any exercises which demand excessive stretching or strength, that is, isometrics, trunk flexion, standing toe touches, straight leg sit-ups, deep knee bends, or duck walks.

12. Avoid any exercise that causes excessive pain. It is likely you are doing damage to your muscles if you continue with such an exercise.

13. Don't take a hot shower, steam bath or sauna immediately after exercise. Cool down first.

14. Don't push yourself beyond your limits. You will only experience unnecessary pain and, in turn, be discouraged from continuing the program.

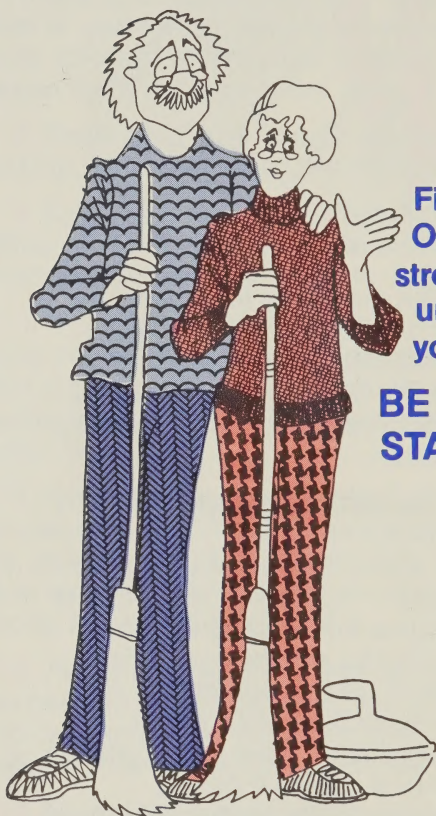


STAY ACTIVE EVERY DAY

You can gradually increase your level of physical activity through simple adjustments in your daily routine. Try the suggestions listed below or create your own; use your imagination.

- walk instead of driving to near-by locations.
- climb stairs instead of using the elevator — initially at least one or two flights and then gradually increase the number you climb.
- get on or off the bus one or two stops away from your home.
- rake your lawn after every cutting — whether it needs it or not.
- join a physical activity program at your local Y, fitness centre, or adult centre. Join with your spouse, friend or neighbour — encourage each other to participate.
- form a hiking or walking club with other retired people in your community.

- include modest bending and stretching in daily household tasks. These small added movements will improve your overall flexibility and mobility.
- if you are sitting or lying for more than an hour, get up and walk around for five minutes. This simple activity will improve your blood circulation.



**Fitness
Ontario
strongly
urges
you to**

**BE FIT—
STAY FIT**

The many benefits and rewards of fitness are too often overlooked by people of all ages. It has been found that active, fit seniors can enjoy higher levels of energy, greater endurance

and generally healthier, fuller lives if they continue to be reasonably active as long as possible.

Consult your family physician . . . check out books and literature on the subject . . . ask a qualified fitness instructor . . . and then continue — or start your own safe, sound and beneficial fitness program.



3 1761 11470621 1



Ontario

Ministry of
Tourism and
Recreation

Sports and
Fitness
Branch

Hon. Reuben C. Baetz
Minister